

**ABSTRACT OF THE DISCLOSURE**

An exercise device having a body extension mechanism including a press plate mechanism and an articulating seat structure. The press plate mechanism is pivotally connected to a frame forwardly of the articulating seat structure, which is also connected with the frame. The press plate mechanism is operably connected with the articulating seat structure by a transfer link so that when a user actuates the press plate mechanism, the movement of a back support of the articulating seat structure is coordinated with the movement of the press plate mechanism. Resistance for the exercise device is provided by a weight stack that is operably connected with the body extension mechanism through an arrangement of pulleys so that when the user actuates the press plate mechanism a portion of the weight stack is lifted.